Self-esteem, source of professional effectiveness

★★★★★

DP-56   **3 Days (21 Hours)**

Description

Numerous studies show how self-esteem is at the heart of the performance of people, teams and companies. Self-esteem, the source of self-confidence, is a process that is nourished and cultivated throughout life. Better self-esteem provides more kindness, lucidity, self-awareness and is an invitation to accept and surpass oneself. This self-esteem training provides the means to gain daily confidence, a guarantee of professional efficiency and success.

Who is this training for ?

For whom

Local manager, supervisor or technician, collaborator and assistant practicing a profession, self-confidence is a challenge to better fulfill their missions.

Prerequisites

Aucune

Training objectives

- Increase your self-confidence.
- Have self-confidence at work and express your qualities.
- Foster confidence among employees.

Training program

S'approprier les mécanismes de l'estime de soi

- Define self-esteem and self-confidence.
- Take stock of yourself.
- Cultivate your personal development process.
- Scenario Self-diagnosis and feedback: each participant is in terms of self-esteem.

Renforcer ses bases personnelles d'estime de soi

(+212) 5 22 27 99 01

(+212) 6 60 10 42 56

Contact@skills-group.com

Corner of bd Abdelmoumen and rue Soumaya, Shehrazade 3 Residence, 7th floor N° 30, Casablanca 20340, Morocco

We are at your disposal : De Lun - Ven 09h00-18h00

Page 1

- Get involved in your relationship with yourself.
- Develop a fair position in relation to others.
- Strengthen your sense of internal security.
- Discover your essential identity.
- Scenario Directed positive visualization and individual presentation of your qualities.

S'estimer pour développer sa confiance

- Recognize your importance and uniqueness.
- Remain in agreement with your deep motivations and values.
- Act by achieving your goals and your life project.
- Scenario Personal assessment test and practical exercise on recognition signs.

Créer un climat de confiance

- Develop self-esteem in professional relationships.
- Strengthen the self-esteem of employees.
- Scenario Presentation and practical exercises on the tools DESC and CNV.

(+212) 5 22 27 99 01
tel

(+212) 6 60 10 42 56
whatsapp

Contact@skills-group.com
email

Corner of bd Abdelmoumen and rue Soumaya, Shehrazade 3 Residence, 7th floor N° 30, Casablanca 20340, Morocco

We are at your disposal : De Lun - Ven 09h00-18h00

Page 2